



About The Eden Alternative®

For over 25 years, The Eden Alternative has worked with eldercare organizations around the world to drive revolutionary shifts in culture. In these organizations, residents are the decision-makers, team members are empowered, and medical treatment plays a supporting role. The Eden Alternative results in well-being for all stakeholders and improves organizational, financial, and quality outcomes.

Since 1994, The Eden Alternative has focused its approach to care on eliminating loneliness, helplessness, and boredom for elders and their care partners. In 2020, the COVID-19 pandemic pushed these “three plagues” to the forefront of conversations about care. In the era of social distancing, the impact of loneliness, helplessness, and boredom is more profound than ever.

Research consistently reveals a significant correlation between social isolation and serious health effects, including lower immunity, poor sleep, higher levels of inflammation, and a greater risk of heart disease and stroke. Like never before, nursing homes are challenged to balance keeping people safe with supporting quality of life. Thus, person-directed care practices have never been more needed than they are now.

As a person-directed approach to care and support, The Eden Alternative has achieved the following milestones through the provision of grant-funded education over the last 5 years:

- A 2019 study found that nursing homes that implement the Eden Alternative framework outperform other communities with higher overall CMS five-star ratings, higher survey CMS five-star ratings and fewer substantiated complaints.
- Over the last seven years, we have successfully completed grant projects in Arkansas, California, Colorado, Georgia, Illinois, Kansas, Kentucky, Michigan, Mississippi, New Hampshire, Ohio, Oklahoma, South Carolina, Tennessee, and Texas. In 9 of these states, we conducted grant projects focused specifically on person-directed dementia care featuring dementia care experts and thought leaders, including a federal level CMP project for which we were the sole recipient nationwide.
- In Tennessee, a three-year dementia-focused project led to nursing homes achieving significantly higher reductions in long-stay antipsychotic use than nonparticipants, with participating homes achieving a 20.7 percent relative reduction (versus a 12.4% relative reduction for non-participants).

We are excited about sharing this important work with Washington nursing homes in 2021 and 2022.

You can learn more about The Eden Alternative by visiting www.edenalt.org.